

Hubungan jumlah sektor 24 jam terakhir dan beberapa faktor lainnya terhadap risiko kelelahan pada pramugari sipil di Indonesia = Number of sector and other factors and risk of fatigue among civil female flight attendant in Indonesia / Dyah Vinianti

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Abstrak

[ABSTRAK

Latar belakang: Kelelahan yang dialami oleh pramugari dapat mempengaruhi sebagian besar kemampuan dalam melaksanakan tugas. Tujuan penelitian ini untuk mengidentifikasi faktor-faktor yang mempengaruhi kelelahan pada pramugari sipil di Indonesia.

Metode: Desain potong lintang dengan sampling purposif pada pramugari yang melaksanakan pengujian kesehatan di Balai Kesehatan Penerbangan dan Garuda Sentra Medika, tanggal 27 April-13 Mei 2015. Kelelahan diukur dengan Fatigue Severity Scale (FSS). Data dikumpulkan menggunakan kuesioner, meliputi demografi, pekerjaan, kehilangan waktu tidur, beban kerja mental dan kelelahan. Hasil: Di antara 512 pramugari yang melaksanakan pemeriksaan kesehatan, 373 subyek termasuk kriteria inklusi, dengan prevalensi kelelahan 36,2%. Jumlah sektor, kehilangan waktu tidur, perubahan jadwal terbang dan kadar hemoglobin merupakan faktor yang berhubungan dengan kelelahan. Jumlah sektor lebih dari enam memiliki risiko 37% menyebabkan kelelahan [risiko relatif suaian (RRa)=1,37;p=0,095]. Kehilangan waktu tidur berisiko dua kali lebih besar menyebabkan kelelahan (RRa=2,07;p= 0,000).Perubahan jadwal terbang dan kadar hemoglobin rendah memiliki risiko 44%(RRa=1,41;p=0,011) dan 33%(RRa=1,33;p=0,042) menyebabkan kelelahan.

Simpulan: Jumlah sektor 7-9 dalam 24 jam terakhir, kehilangan waktu tidur, perubahan jadwal terbang dan kadar hemoglobin rendah meningkatkan risiko kelelahan pada pramugari sipil di Indonesia.

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ABSTRACT

Background: Fatigue among flight attendants could affect the capabilities in performing duties. The aim of this study were to investigate factors on fatigue among female flight attendant in Indonesia.

Methods: Cross-sectional study with purposive sampling was directed to female flight attendant who were taking medical examination at Balai Kesehatan Penerbangan and Garuda Sentra Medika, from April 27th-May 13th 2015.

Fatigue was measured with Fatigue Severity Scale (FSS). Data were collected by completing an questionnaire on demographics, workload, sleep restriction, mental workload and fatigue.

Results: Among 521 flight attendant were taking medical examination, 373 were chosen as subject and the percentage of fatigue was 36.2%. Number of sector, sleep restriction, changed of duty schedule and hemoglobin level were the factors related to fatigue. Subject with number of sector more than six had 37% increase risk to have fatigue [adjusted relative risk(RRa)=1.37;p=0.095]. Subject with sleep restriction had 2-fold risk to have fatigue(RRa=2.07;p= 0.000). Subject with changed of duty schedule and low hemoglobin levels have 41%(RRa=1.41;p=0.011) and 33%(RRa=1.33;p=0.042) increase risk to have fatigue

Conclusions: Number of 7-9 sectors in the last 24 hours, sleep restriction, changed of duty schedule and low hemoglobin level have increased risk of fatigue among flight attendant in Indonesia, Background: Fatigue among flight attendants could affect the capabilities in performing duties. The aim of this study were to investigate factors on fatigue among female flight attendant in Indonesia.

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